

Let's Move! Child Care Checklist Quiz

Tool for Providers that Serve Infants or Toddlers

Welcome to the Checklist Quiz! Answer the questions to see which *Let's Move!* Child Care goals you are meeting and which goals you need to work towards. Let's get started.

The *Let's Move!* Child Care Checklist Quiz is an online, interactive tool available on the *Let's Move!* Child Care website at: www.healthykidshealthyfuture.org. While this paper version of the tool has been made available for your use, we encourage you to use the online version. By doing so, you can receive your Provider Recognition Award when you meet the 5 *Let's Move!* Child Care goals and inform *Let's Move!* Child Care of your accomplishments.

(1) Drinking water is available:	<input type="checkbox"/> When children ask for water	<input type="checkbox"/> During designated water breaks and when children ask for water	<input type="checkbox"/> Inside at all times	<input type="checkbox"/> Inside and outside at all times
(2) 100% fruit juice is offered:	<input type="checkbox"/> In unlimited portions more than once a day	<input type="checkbox"/> 2 or more times per day, but limited to 4-6 oz. each occasion	<input type="checkbox"/> No more than 4-6 oz. per day	<input type="checkbox"/> No more than 4-6 oz. per day and parents are encouraged to support this limit
(3) Sugary drinks (fruit drinks, sports drinks, sweet tea, soda) are offered:	<input type="checkbox"/> More than once a month	<input type="checkbox"/> Less than 1 time per month	<input type="checkbox"/> Rarely, 1-2 times per year	<input type="checkbox"/> Never
(4) Milk served to children ages 2 years and older is:	<input type="checkbox"/> Whole or regular	<input type="checkbox"/> Only 2% reduced fat	<input type="checkbox"/> Always 1-2% low-fat	<input type="checkbox"/> Always 1% or skim/non-fat
(5) Fruit (not juice) and/or a vegetable (not including French fries, tater tots, hash browns) is offered to toddlers at every meal:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
(6) Fried or pre-fried potatoes (French fries, tater tots, hash browns) are offered to toddlers:	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time a week	<input type="checkbox"/> No more than once a month
(7) Fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) are offered to toddlers and preschoolers:	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time a week	<input type="checkbox"/> No more than once a month

(8) Active play time (indoor and outdoor) is provided to all toddlers, including children with special needs: <i>Please note, response options assume full-day programs; however, equivalents for half-day programs are included in parentheses.</i>	<input type="checkbox"/> 30 minutes or less each day (half-day programs: 15 minutes or less)	<input type="checkbox"/> 31-45 minutes each day (half-day programs: 16-22 minutes)	<input type="checkbox"/> 46-59 minutes each day (half-day programs: 23-29 minutes)	<input type="checkbox"/> 60 minutes or more each day (half-day programs: 30 minutes or more)
(9) Toddlers and infants are allowed to watch television/videos:	<input type="checkbox"/> 1 or more times each day	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> No more than 3-4 times per year or never
(10) A designated area for mothers to breastfeed their infants, other than a bathroom, is:	<input type="checkbox"/> Not available	<input type="checkbox"/> Only available upon request	<input type="checkbox"/> Always available, has appropriate seating, but lacks privacy	<input type="checkbox"/> Always available, has appropriate seating, and provides complete privacy

The *Let's Move!* Child Care Checklist Quiz is based on the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program. Quiz development was led by Dr. Dianne S. Ward, with the assistance of her research team, including Temitope Erinosh, Christina McWilliams, Amber Vaughn, Chris Ford, and Phil Hanson; and in consultation with the Centers for Disease Control and Prevention and expert reviewers, including (in alphabetical order) the Carolina Global Breast Feeding Institute, Marsha Dowda, Sybille Kranz, Sara Switzer, Stewart Trost, and Heather Wasser.

Let's Move! Child Care Action Plan

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Use this material to create an action plan that goes along with the goals you identified from the Checklist Quiz. Your action plan should reflect your unique needs to best help you, your center, or your home achieve its goals.

STEP 1: Choose the practices that you want to target

Beverages

- Make drinking water visible and available inside and outside for self-serve
- Limit 100% fruit juice to 4-6 oz. per day per child and encourage parents to support this limit
- Eliminate all sugary drinks, including fruit drinks, sports drinks, sweet tea, and soda
- Serve children 2 years and older only 1% or skim/non-fat milk

Food

- Serve a fruit (not juice) and/or a vegetable not including French fries, tater tots, or hash browns to toddlers and preschoolers at every meal
- Eliminate fried or pre-fried potatoes such as French fries, tater tots, hash browns
- Eliminate fried or pre-fried, frozen, and breaded meats, such as chicken nuggets, and fish, such as fish sticks

Physical Activity

- Provide toddlers, including children with special needs, 60-90 minutes or more of active play time every day, both indoor and outdoor

Screen Time

- Limit screen time for toddlers and infants to no more than 3-4 times per year or never

Infant Feeding

- Provide breastfeeding mothers access to a private room for breastfeeding or pumping, other than a bathroom, with appropriate seating and privacy

STEP 2: Create your Action Plan

Action Plan Steps	Person Responsible (People & resources that could help)	Target Date for Completion
Goal:		
Goal:		
Goal:		
Goal:		